

# Greater Bridgeport Senior Community Café

Eisenhower 203-330-4541; Black Rock 203-579-1323; N.E. Bethany 203-576-7330

## March Menu 2016

\* High Sugar Content  
 \*\*High in Sodium Content  
 +Higher Fat Content  
 LS-Low Sodium



1% or Skim milk provided  
 Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION \$2.00

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
|    | 1<br>RibBQ**<br>LS BBQ Sauce*<br>Macaroni Salad<br>Scandinavian Veggies<br><br>W.W. Hamburger Roll<br>Peaches  | 2<br>Meatloaf<br>Garlic Mashed Potatoes<br>Corn with<br>Diced Tomatoes<br><br>Pumpernickel Bread<br>Banana  | 3<br>Grape Juice<br>Roast Turkey<br>LS Turkey Gravy<br>Stuffing<br>Green and Gold Beans<br>Romaine Salad<br>French Dressing<br>100% W. Wheat Bread<br>Sherbet  | 4<br>Corn Chowder<br>Unsalted Crackers<br>Seafood Salad**<br>Lettuce and Tomato<br>Pasta Primavera<br><br>Hot Dog Roll<br>Apricots                                 |
| 7<br>Pulled Pork<br>Mashed Potatoes<br>Coleslaw<br><br>W.W. Hamburger Roll<br>Applesauce   | 8<br>Pineapple Juice<br>Sweet and Sour Grilled<br>Chicken Breast Au Jus<br>Brown Rice<br>Ginger Baby Carrots<br><br>12 Grain Bread<br>Birthday Cake* | 9<br>Ravioli with<br>Meat Sauce<br>Broccoli<br>Romaine Salad<br>Thousand Island+<br><br>Garlic Bread<br>Fresh Pear  | 10<br>Grape Juice<br>Beef Stew<br>Rice<br>Green Beans<br><br>W.W. Dinner Roll<br>Brownie*  | 11<br>LS Yankee Bean Soup<br>Unsalted Crackers<br>Eggplant Rolatini<br>Baked Ziti with Sauce<br>Italian Blend Veggies<br><br>Garlic Bread<br>Tropical Fruit Cup    |
| 14<br>Sloppy Joe<br>Sweet Potato<br>California Veggies<br><br>7 Grain Bread<br><br>Pineapple Chunks                                      | 15<br>Grape Juice<br>Stuffed Shells<br>Meat Sauce<br>Romaine Salad<br>Ranch Dressing+<br><br>Garlic Bread<br><br>Fresh Apple                         | 16<br>Apple Juice<br>Garlic Baked Chicken<br>with Spinach and<br>Parmesan Cheese**<br>Cheesy Mushroom Rice<br>Geneva Blend Veggies<br>100% W.W. Bread<br><br>Pudding Cup  | <b>St. Paddy's Special</b> 17<br>Cranberry Juice<br>Corned Beef Au Jus**<br>Cabbage<br>Boiled Potatoes<br>Carrots<br>Mustard<br>Rye Bread<br><br>Shamrock Cookie | 18<br>LS Vegetable Orzo Soup<br>Unsalted Crackers<br>Baked Fish with<br>Lemon Dill Sauce<br>Couscous<br>Hot Buttered Beets<br>Multigrain Bread<br><br>Fresh Orange |
| 21<br>Orange Juice<br>Hamburger<br>Steak Fries<br>Corn with Peppers<br>Lettuce<br>Tomato Slices<br>Hamburger Bun<br><br>Oatmeal Cookies* | 22<br>Balsamic Roasted<br>Chicken Breast<br>Egg Noodles<br>Zucchini<br><br>12 Grain Bread<br><br>Cinnamon Applesauce                                 | <b>Easter Special</b> 23<br>Apple Juice<br>LS Sliced Ham with<br>Orange Cranberry Sauce<br>Loaded Potatoes<br>Pea and Pearl Onions<br> Rudi Roll<br>Coconut Easter Cake* | 24<br>Escarole Soup<br>Unsalted Crackers<br>Lasagna Rolette<br>Meat Sauce<br>Garden Salad<br>Italian Dressing<br>Garlic Bread<br><br>Fresh Apple   | 25<br><b>Closed<br/>           Good Friday</b><br>                            |
| 28<br>Chicken Pot Pie with<br>Carrots, Celery<br>and Peas<br>Diced Potatoes<br>Chopped Spinach<br>Biscuit<br><br>Tropical Fruit Cup      | 29<br>Wonton Soup<br>Unsalted Crackers<br>Pork Egg Rolls<br>Fried Rice<br>Oriental Blend Veggies<br>Fortune Cookies*<br><br>Pineapple Chunks         | 30<br>Grilled Chicken Breast<br>with Honey<br>Mustard Sauce*<br>Baked Potato<br>Capri Blend Vegetables<br>Rye Bread<br><br>Pears  | 31<br>Roast Beef<br>LS Beef Gravy<br>Sesame Noodles<br>Broccoli<br><br>Oatmeal Bread<br><br>Fresh Orange   | <b>HAPPY<br/>           EASTER</b><br>  |